

NAVIGATE YOUR MENTAL HEALTH TRAIL

WEEK TWO - GET CREATIVE

Getting creative boosts mood and reduces anxiety and stress and can create a mindful state that helps us to relax. It is about the hobbies and tasks we do that inspire us and give us joy. It's about doing something just for us and placing our focus in creating something good. What will you get creative with this week?



Day 8 - Engage in creative mindfulness – many creative activities are great mindfulness activities, Colouring in, writing, crafting, music, baking...

We have also provided some colouring in in this Guide!



Day 9 - Make art for your neighbourhood – we can lift the spirits of those around us by sharing our creativity – do a chalk drawing in your driveway, paint a stone for others to find, or create a poster to put in your window!



Day 10 – Make time for creativity - Routine is important during lockdown, but make sure to schedule in time for the things you love to do – like getting creative!

Today we invite you to join the online art session from Woden Arts.

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Day 11 - Share something creative with a friend – creating for or with a friend is a great way to show you care. Post or drop off a contact free handmade gift, do an online art workshop with a mate or three, or ask a family member to teach you a new skill.



Day 12 - Enjoy the creativity of others – read a book, listen to music, watch a play or view some fine art on a virtual tour. There are so many ways to enjoy creativity, what did you choose to enjoy?



Day 13 – Take a photo - record a place, person or object that has special meaning to you to, as an act of gratitude, mindfulness and creativity.



Day 14 - Start a gratitude journal – practicing gratitude has some wonderful benefits, such as increasing our long-term happiness and even improving our sleep! You can keep a written journal, a visual journal or even use a Gratitude Journal app – whatever works for you.